



Hopkins National Karate



Owner/Head Instructor:
Mr. Jeff Sidner - 6th Degree Black Belt

Might For Right!!!

Instructors:
Mr. Alex Robbins - 2nd Degree Black Belt
Mr. Ryan Rossborough - 2nd Degree Black Belt
Mr. Justin Wilson - 1st Degree Black Belt

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*Effective January, 2018

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:00	4:30		5:00		10:00
1 & 2 Gold Stripes	5:00	4:30		5:00		10:00
Green Stripes & Higher	5:30**		4:30		5:00	10:00
	Sparring**					

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	4:30		5:00	5:30		10:30
Gold Belt		5:00		5:30	4:30	10:30
Green Stripe		5:00		5:30	4:30	10:30
Green Belt		5:30	5:30**	4:30		11:00**
Purple Stripe		5:30	5:30**	4:30		11:00**
Purple Belt		5:30	5:30**	4:30		11:00**
Blue Stripe		5:30	5:30**	4:30		11:00**
Blue Belt	6:00		5:30**		5:30	11:00**
Red Stripe	6:00		5:30**		5:30	11:00**
Red Belt	6:30**	6:00		6:00		11:40**
Brown Stripe	6:30**	6:00		6:00		11:40**
Brown Belt	6:30**	6:00		6:00		11:40**
Single/Double Black Stripes	6:30**	6:00		6:40		11:40**
Black Belt	6:30**	7:20		7:20		11:40**
	Sparring**		Sparring**		Sparring**	

Curriculum Rotation: Week 1 - White Belt self-defense Week 2 - Red Belt basics Week 3 - Pretest Week 4 - Blue Belt form Week 5 - TBD

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		11:30 am - S. Mpls NK	11:30 am (all levels) - Eden Prairie NK	11:30 am - S. Mpls NK	11:30 am (all levels) - Eden Prairie NK	12:20
Green & Up		12:10 pm - S. Mpls NK		12:10** - S. Mpls NK		12:20
	Sparring**					

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	7:10		7:10		6:10	12:20
Gold Belt	7:10		7:10		6:10	12:20
Green Stripe	7:10		7:10		6:10	12:20
Green Belt		6:40	7:10/8:00**		6:40	1:10**
Purple Stripe		6:40	7:10/8:00**		6:40	1:10**
Purple Belt		6:40	7:10/8:00**		6:40	1:10**
Blue Stripe		6:40	7:10/8:00**		6:40	1:10**
Blue Belt		6:40	7:10/8:00**		6:40	1:10**
Red Stripe		6:40	7:10/8:00**		6:40	1:10**
Red Belt/Brown Str		8:10	8:00**	8:10		1:10**
Brown Belt		8:10	8:00**	8:10		1:10**
Single/Double Black Stripes		8:10	8:00**	6:40		1:10**
Black Belt		7:20	8:00**	7:20		1:10**
Kickboxing	8:00					
	Sparring**		Sparring**		Sparring**	

NK School Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hopkins NK	8:00 pm*		6:10 pm			9:00 am
W. Bloomington NK		6:00 pm	8:00 pm*	7:50 pm		11:50 am*
Eden Prairie NK	6:30 pm					
Edina NK	7:45 pm					1:00 pm
S. Mpls NK		7:30 pm		6:40 pm		8:30 am*
	Kickboxing*		Kickboxing*		Kickboxing*	